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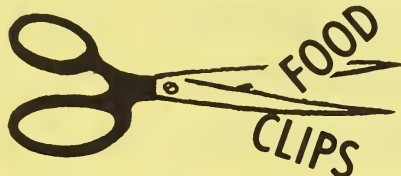
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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Planning freeze-it-yourself meals? Cooked chicken or turkey casseroles freeze well --in fact, any type of cooked meat used in combination with vegetables will freeze well. Flaky pastry is a good way to top it before freezing.

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Two for one? Why not make six--Six meat loaves can be made as simply as one. Freeze five in portions for your family. Meat loaf has better quality if frozen baked rather than unbaked, according to U.S. Department of Agriculture home economists.

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Cooked dry beans freeze especially well because freezing softens beans somewhat. Cook them until barely tender for the best quality frozen product.

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Remember, new potatoes are better than mature potatoes in most frozen dishes. Mature potatoes tend to disintegrate or become watery when boiled and then frozen.

THERE'S STILL TIME

—'til May 31

Are you interested in making comments on various proposals that restrict the use of purity terms on meat, and poultry labels? The U.S. Department of Agriculture (USDA) has made a proposal to prohibit the use of the terms "all," "pure," and "100 percent" on labels and meat and poultry products containing more than one ingredient.

What do we mean by "pure"--really pure? If the term "Pure" Pork Lard is used, it cannot include a chemical preservative. In the past this term has been allowed--even though small amounts of seasoning or curing ingredients, or both, were included in the formula. Specifically, this proposal would prohibit the use of the terms "pure" or "all" if the product contains two or more ingredients.

If you agree--or disagree--you may send comments (with three copies, please) to the USDA Hearing Clerk, 1166-S, USDA, Washington, D.C. 20250.

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ALMOST ALL ABOUT —

Cabbage is a vegetable of all seasons -- it's almost always available and one of the most important home-garden crops. From the days of the ancient Greeks (who held it in high esteem) to the days of the Roman gladiators, it was a well-known vegetable. The French dubbed it "caboche" meaning "head" -- thereby cabbage got its name.

Members of the cabbage family include the common type of radish, sprouting broccoli, mustard, and Chinese cabbage -- all annuals. Each differs from the other as a vegetable but methods of producing their seeds are much alike. But, viva la difference!

There's red cabbage -- used for pickling, and salad purposes; purple cabbage used in salads, and there's ordinary green cabbage used as coleslaw and sauerkraut, --sometimes it's stuffed with meats (such as corned beef). Then, there are a variety of cabbage soup recipes, and cabbage is often used with beef stock and other vegetables.

A head of cabbage has an interesting profile -- the basal leaves become quite large and spreading -- sometimes up to a foot or more, long and wide. At harvest, the cabbage heads vary from 5 to 12 or more inches in diameter and in shape from conic to oblate. The compact inner leaves, or the part of the plant to be consumed, are somewhat enclosed by the core and outer leaves (or wrapper leaves) which are generally discarded. (Sometimes the outer leaves are fed to livestock.)

Firm or hard heads of cabbage that are heavy for their size are the best buy. But, avoid new cabbage with wilted or decayed outer leaves or with leaves turning decidedly yellow.

—A Head of Cabbage

The end of February will find a temporary "bulge" in supplies, due largely to good weather which has created heavy crops in Florida and Texas. Supplies are also available from California, Arizona, and Louisiana, plus storage supplies from upstate New York, according to the U.S. Department of Agriculture's Agricultural Marketing Service.



Cabbage is always a good buy because it is considered a good source of vitamin C. And too, a one-half cup of shredded cabbage contains only 10 calories, while a 3-1/2 and 4-1/2 wedge contains 25 calories. A half-cup coleslaw, made with a mayonnaise-type dressing, contains 60 calories.

Some varieties of white (or green) cabbage have almost as much vitamin C as red cabbage. The amount present depends in part upon conditions under which the cabbage has been stored and the length of storage period. Method of cooking also affects the final value.

If you shred cabbage it is important to remember not to leave it exposed to air. Actually, it keeps best in a refrigerator at about 32 degrees. If you're cutting or cooking cabbage, you might add some spices and herbs for a gourmet touch.

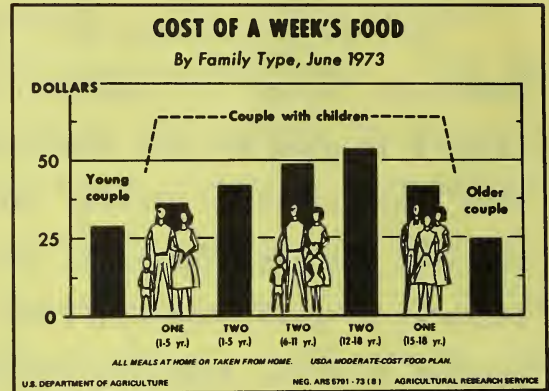
As for the cabbage being a vegetable of all seasons -- did you know that one ounce of cabbage seeds might include approximately 9,000 seeds? Maybe that explains why there really is a lot of cabbage around.

NEW SLIDE SET AVAILABLE

---On Trends in U.S. Agriculture

Charts on the Family, ranging from diet sources of protein, medical care prices, hospital insurance coverage, wives in the labor force, food prices, to children's clothing budgets have all been prepared (in color) to show the trends in agriculture and related subjects. Farm income and commodity prices, the cost of a week's food, and the condition of homes in rural America are part of the series which is divided into five sections. These slides were prepared from the 1973 Handbook of Agricultural Charts, with color added, by the U.S. Department of Agriculture.

If you need individual slides for talks or reproduction in newspapers or other publications, you can buy them individually for 30¢ per slide -- or the entire set for \$25.00. You may also buy them according to sections as follows: The Domestic Agricultural Situation, 56 slides, \$14.00; Foreign Production and Trade, 12 slides, \$3.00; Family, 12 slides, \$3.00; Population and Rural Development, 19 slides, \$4.75; and Commodity Trends, 86 slides, \$21.50. The slides are cardboard mounted for use in any standard projector. Order from Photography Division, Office of Communication, USDA, Washington, D.C. 20250.



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